

APPENDIX E:

Family Food Production facilitation tools

APPENDIX E1. Family Food Production Workshops

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Family Food Production: Introduction for Households

These workshops follow after the necessary preliminary work has been done, e.g. 'opening the door' through consultations with leadership, government and relevant development organisations active in the area, village scoping, identification and invitation of interested households within the target group (i.e. households below the breadline) and (possibly) mind mobilisation.

Family Food Production: Introduction for Households

WEEK 1 -

Workshop 1: Getting started

1.1 Training needs review: Participatory assessment of participants' current experience and training needs/interest

1.2 Vision-building: family nutrition workshop – participating households analyse their current eating habits and analyse nutrition gaps

1.3 Verbal introduction of the idea of intensive Family Food Production through rainwater harvesting and deep trenching (see [Appendix D1.1.1](#) for the full text)

WEEK 3 -

Workshop 2: Making a deep trench and planting seedlings for Go, Grow and Glow foods

House-to-house practical

WEEK 5 –

Workshop 3: Irrigation – deep watering and recording

House-to-house practical

WEEK 7 –

Workshop 4: Brews – for plant food and remedies

House-to-house practical

WEEK 9 –

Workshop 5: Sowing seeds for succession planting

House-to-house practical

WEEK 11 –

Workshop 6: Fruit tree planting

House-to-house practical

WEEK 13 –

Workshop 7: Food processing and CELEBRATION!

E1.1.1 Family nutrition workshop

The problem of poverty, of which hunger is the worst

- How many months of food are available in your village to those households that are unable to meet their daily food needs?

What are we eating?

- What we eat daily/weekly/regularly/hardly ever
- Special foods we eat for special needs (e.g. high blood pressure, young mothers)
- Foods we feed weaning children and under five-year olds

What would we prefer to eat if there was no limitation?

- What we would eat daily/weekly/regularly/hardly ever
- Special foods we would eat for special needs (e.g. high blood pressure, etc.)
- Foods we would feed weaning children and under five-year olds

Participatory diet gap analysis
(analyse 'foods we regularly eat' into three main food groups: go, grow & glow foods)

- Men
- Women
- Children

Which diet gaps can we fill from homestead agricultural activities
(list of achievable foods in our area)

- U5 children
- Young mothers
- High blood pressure
- Others

WEEK 3 -

Workshop 2: Make trench and plant

2.1 Practical: House-to-house demonstration of how to make trenches and furrows, picking up on lessons as we go.

-All participants move together from house-to-house, participating in preparing the trenches and learning something new from each different situation

-Create a pathway for run-on to each trenchbed as you go = 'the furrow the trench must drink from'. Engage everyone in the planning, layout and making of the 'furrow the trench must drink from'.

-(Pre-plan what to bring, and explain):

Plant things to eat every day (as opposed to watching a cabbage grow for three months, then eat it in one day). Recap on the insights gained at the nutrition workshop, and how it has led to the selection of seeds and seedlings being planted today.

1. Seedlings
2. Carrot seed – deep soft aerated soil needed, only then straight long carrots can be grown (Ask "who can grow nice long straight carrots? Show us how")
3. Seed/sand mix to enable even spreading of tiny seeds
4. Spring onion (quick to be harvest-ready; green flavourful source throughout the year)

5. Mustard spinach

Households' homework:

- Finish first hole each
- Care for planted vegetables
- Dig and fill fruit tree holes
- Nutrition monitoring: Go, Grow & Glow self-check chart

WEEK 5 –

Workshop 3: Irrigation

House-to-house visits (Query-based responses to questions encountered)

Look at/discuss the following:

- Check on plants
- At each homestead, measure how deep each bed is wet.
- Garden layout – ask how they planned the run-on to each bed
- Progress with tree holes? Still want the original number of fruit trees?
- Check on monitoring (ask to see GGG chart, discuss)

Irrigation training: Main objective: to overcome practice of shallow watering

- At each homestead, measure how deep each bed is wet.
- Encourage them to water a different bed each day – thoroughly – instead of all beds a little bit everyday
- Introduce monitoring of irrigation
 - record sheet: when and how much each bed is watered
 - record sheet: write every day how deep the wetting front is (use steel peg)
 - record sheet: how do the plants look in each bed every day (wilting, curling leaves, etc)
 - rainfall (ensure access to rainguage in village)

Households' homework:

- Monitor irrigation and rainfall (need own Irrigation Record Sheet, and daily access to steel peg and rainguage)
- Nutrition monitoring: Go, Grow & Glow self-check chart
- Finish fruit tree holes
- Care for planted vegetables

WEEK 7 –

Workshop 4: Brews

House-to-house visits (Query-based responses to questions encountered)

Look at/discuss the following:

- Each house: Progress with tree holes? Finalise number of fruit trees per household according to ready holes (from now on the holes need to digest to be ready for fruit tree planting in Week 11)
- Check on plants. Point out nutrition deficiencies, if any. Point out pests. (To lead into brews)
- How did it go with irrigation monitoring? Measure how deep beds are wet. Ask householder to show and explain her Irrigation Record Sheet to the group. Discuss together.
- Has it rained? Did the 'furrows that the trenches drink from' work well? How would you change your lay-out in future?

Brews:

- Together, make brews for plantfood
- Make brews for pest control

Households' homework:

- Brews homework?
- Monitor irrigation and rainfall
- Nutrition monitoring: Go, Grow & Glow self-check chart
- Care for planted vegetables
- No preparation for next workshop's sowing of seeds?

WEEK 9 –

Workshop 5: Sow seeds

House-to-house visits (Query-based responses to questions encountered)

Look at/discuss the following:

- Each house: Remind them that the fruit trees are coming in two weeks' time
- Check on plants. Point out nutrition deficiencies, if any. Point out pests. Who wants to explain how they made and used brews?
- How did it go with irrigation monitoring? Who wants to show Irrigation Record Sheet and what she has learnt from using it?
- Nutrition monitoring: Has anyone been able to fill some of the Go, Grow & Glow gaps with food harvested from their trenches?! What will you do once you have harvested all the food growing in your garden now? (Lead into sowing of seeds discussion)

Sow seeds: Show how to prepare seedbed, sow seeds to make seedlings for next round of planting

- Sow seeds

WEEK 11 –

Workshop 6: Fruit tree planting

- Everyone to gather at central place to await arrival of fruit trees,
- hand out fruit trees,
- plant a tree each house-to-house at first,
- once everyone is confident on how to do it, small groups can go and help each other house-to-house
- all trees must be planted on the day of arrival!
- all trees must be watered after planting

Households' homework:

- Water fruit trees!
- Monitor irrigation and rainfall
- Nutrition monitoring: Go, Grow & Glow self-check chart
- Care for planted vegetables
- Prepare for food processing and celebration!

WEEK 13 –

Workshop 7: Food processing and CELEBRATION!

Detail to be added

Good, low-cash food preparation, processing and storage methods
(How to prepare and store food to get the maximum nutritional benefit from it)

Celebration to affirm achievement by poor households

Leadership and neighbours invited to share in the feast to solicit recognition and support for poor households' efforts